

Cougar Baseball Informational Handout 2011

1st Day of Tryouts

March 12th time is TBD

You must have a physical on file before you tryout.

*Sign up with Mike DeFrancis to hit at the Varsity Shop

*The Varsity Shop will host a BBCOR trial day sometime soon.

Details will be emailed shortly. Cost \$10

Follow the baseball team on Twitter.

@SCBaseball2011

1st Game

TBD

Check the website for the complete schedule

www.sccougars.com



*Spring Break Practice and Games

Varsity - OAA Tourney – 6 or 7 games

JV and Frosh – Practice for whoever is in town

*Preseason Weight Training and Conditioning

I will personally be opening the weight room and running

Speed training *every Tuesday and Thursday 2:45-3:45*

Spark Testing Goals

Power ball toss = 35 ft

Vertical Jump = 22 inches

30 yard Dash = 4.3 seconds

Shuttle = 4.2 seconds

We must all suffer from one of two pains: the pain of discipline or the pain of regret. The difference is discipline weighs ounces while regret weighs tons.

~Anonymous

You can't build a reputation on what you're going to do.

~Henry Ford

Shallow men believe in luck. Strong men believe in cause and effect.

~Ralph Waldo Emerson

Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

~Thomas Jefferson